

# Safe Highlander



## Keeping Safe Online Tips



- **Treat your passwords like your toothbrush! Never share and change them often!**
- **Make sure you know who people are before adding them as 'friends'**
- **Know how to 'block' people**
- **Don't post your personal information – full date of birth, email addresses, phone numbers, location on your profile or on an update or tweet**
- **Know who to tell things to that concern you, talk to your parent, teacher or youth worker OR use the CEOP Report Abuse Button**
- **NEVER meet up with anyone offline without your parent /carer or trusted adult**
- **Don't rely on 'privacy' settings to safeguard your personal information on your profile or posts**
- **Think before you post whether it's a picture, video clip or comment about yourself or others....it IS going to be out of your control**
- **Make sure you 'log off' when you are finished!**
- **For more safety advice go to [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)**

